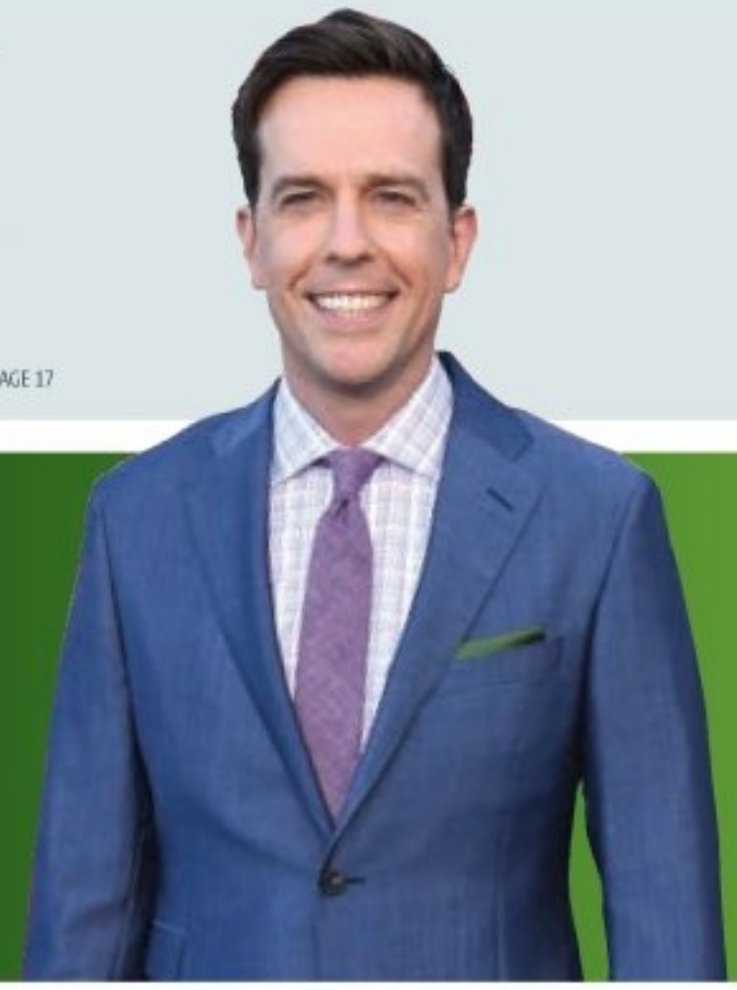
THERE'S A NEW RUSTY GRISWOLD IN TOWN

ED HELMS TAKES THE WHEEL FOR A BRAND-NEW "VACATION." PAGE 17



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Miracle of movement

Medicine. Surgeons from Children's Hospital of Philadelphia and Penn Medicine announced the successful double-hand transplant of an 8-year-old boy. It was the first pediatric double-hand transplant in the world. PAGE 02

Zion Harvey, 8, with Dr. L. Scott Levin (left) and mom Pattie Ray. / MARIA S. YOUNG, METRO

Pro-lifers protest after 'sting' videos

PAGE 06

Vulcan Lyric takes on 'Heathers'

PAGE 20

Which NFL teams are on top as camp starts?

PAGES 26-27

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1 NEWS

Top 3

The best of Metro.us

1 'Legends Football League, formerly lingerie league, making strides despite harsh criticisms'

2 '"Vacation"' makes "Vegas Vacation" look like the original "Vacation"'

3 'The sexism of activism confronted at "Say Her Name" demonstration'

On the go

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Zion Harvey, 8, with his new hands, was joined on-stage by, from left, Dr. Scott Kozin of Shriners Hospital for Children, Dr. L. Scott Levin and Dr. Benjamin Chang of CHOP and mother Pattie Ray. Right, Dr. Chang explains the hand transplant procedure.

Boy gets gift of hands from CHOP doctors

New life. A young boy treated at a Philly hospital became the first in the world to receive a pair of transplanted hands.

Zion Harvey wants to be a basketball player or a wrestler when he grows up.

Those dreams are now within the realm of possibility due to a medical marvel — a surgery to transplant two hands onto the 8-year-old's arms.

A team of surgeons and doctors at Children's Hospital of Philadelphia (CHOP) announced Tuesday that they had successfully completed the surgery to do exactly that earlier this month.

"Happy" was how Zion, a Baltimore native, said he felt when he spoke to an audience of doctors at CHOP as the results of the surgery were announced.

"It was weird at first, but then it felt good."

At this point, Zion's wrists are still bandaged up and he's under close observation by his doctors. He also won't regain full feeling in his fingers for six to eight months while his nerves regrow at a rate of two millimeters a day, doctors said.

But he can flex the fingers and is developing control over them.

He has told doctors his immediate goals are to throw a football and go on monkey bars.

"He's been super excited — like he just wants to jump up and scream," said Zion's cousin Aziya Savage, 10. "He feels like he's complete now."

The surgery was the first in the world of its nature, CHOP doctors said. A man received a double-hand transplant in 2011 at CHOP, but never before had a child.

The surgery

How many pieces (per arm) surgeons had to connect from Zion's arms to his new hands:

- 2 bones
- 2 arteries
- 4 veins
- 22 tendons
- 3-4 nerves

"People said, 'What do you mean, you're going to transplant onto a child? You're crazy,'" recalled Dr. L. Scott Levin, director of hand transplantation at CHOP.

This type of procedure is a "vascularized composite allotransplant," Levin said.

Zion's hands and feet were amputated after a sepsis infection when he was just 2. Two years later, after undergoing dialysis, he received a kidney transplant from his mother. He has prosthetic feet, and had adapted to surviving without hands.

The previous transplant was the key to the surgery, said Dr. Benjamin Chang, co-director of CHOP hand transplants. Zion's body had learned to accept a new organ, and he is already on immunosuppressant medicines for life for his kidney.

"We were looking for someone who already had a transplant," Chang said. "Hands are important, but not as important as the heart."

Earlier this month, his family was called around 3:30 p.m. to come to CHOP to receive hands donated through the Gift of Life program from an anonymous family whose child had died. By 4:30 a.m. the next morning, the hands were connected.

Asked if he was afraid during the operation, Zion brought up his family. "They supported me."

"If it didn't go well, I would have my family to fall back on."

SAM NEWHOUSE
@scnewhouse
sam.newhouse@metro.us

A coyote chased a woman up a tree. / WIKIMEDIA

Wildlife. Woman rescued after climbing tree to escape coyotes

A Pennsylvania woman was rescued from a tree at a New Jersey religious retreat after she climbed it to escape a pack of coyotes, NJ.com reported.

The 28-year-old woman, identified as April Lewis of Quakertown, told police she went for a walk in the wooded area around America's Keswick camp at 10 p.m. Sunday when she encountered one of several coyotes.

She stayed in the tree for five hours until another camper who had gone outside to smoke heard her cries for help.

Police located Lewis after tracking her voice at about 3 a.m. She was about 15 feet above the ground.

NJ.com reported that Lewis tore one of her pant legs off and used it to tie herself to the tree after she became too tired to climb down.

DAN KELLEY

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Long aftermath for narco corruption trial

Court. Six accused officers have sued the city.

Five former Philadelphia narcotics officers who were acquitted in May after a police corruption trial have sued the police commissioner and district attorney for defamation, as a former colleague will learn how long he'll serve in federal prison Wednesday.

Those court actions are serving as a reminder that the aftermath of a high-profile police corruption case continues to make its way through the courts.

Prosecutors are seeking a sentence of about nine years for former Philadelphia police officer Jeffrey Walker, who testified against six former colleagues on the Narcotics Field Unit who were accused — and acquitted — of robbing, kidnapping and beating drug dealers.

Those colleagues have since won their jobs back, but it's unlikely they'll be able to return to the narcotics squad.

The lawsuit against Mayor Michael Nutter, District Attorney Seth Williams and Police Commissioner Charles Ramsey was filed over statements the officials made after the cops were accused by federal prosecutors. It was moved to federal court this month.

Ramsey called the allegations "one of the worst cases of police corruption I have ever seen," and he pledged to melt the badges the men wore.

Cameron Kline, the district attorney's spokesman, said Tuesday that the DA's stance hasn't changed.

DAN KELLEY
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Thomas Liciardello, one of the acquitted officers
JENNIFER KERRIGAN

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SEPTA. Lottery set for papal rail passes

A sneak peak at SEPTA's one-day rail pass. / PROVIDED

Pilgrims hoping to ride SEPTA's regional rail lines to see the pope in Philly might want to start praying for a bit of good luck.

The transit agency on Tuesday announced a lottery for the special tickets that will be required to use regional rail on Sept. 26 and 27, the weekend of the papal visit.

The announcement comes about a week after huge demand for the passes crashed SEPTA's website.

Customers can register for the lottery on Aug. 3 from one minute after midnight to one minute before at the end of the day. Results will be announced Aug. 6.

"What we've learned is, when you have a high demand and limited quantity, a real-time commerce site is not a viable solution," said SEPTA spokesperson Jerri Williams.

She said each entry will have an equal opportunity to win.

"It does not make a difference when you submit your information," Williams said.

SEPTA plans on offering limited service that — on each regional rail line — will travel from one or two far-flung stations directly into Center City.

It's important to note that the tickets themselves are — unlike typical regional rail tickets — only good for specific stations and only for reserved times.

About 350,000 of the tickets will go on sale.

On the day the sale crashed SEPTA's website, about 54,000 people tried to get tickets in the first moment. There appears to be concern that at least some of the demand was the result of speculation or scalpers.

Before the lottery is held, the transit agency will make efforts to limit the number of duplicate entries in hopes of reducing scalping. Customers will be able to buy up to 10 passes.

"We want to get these papal passes into people's hands so they can make serious decisions about their papal plans," Williams said.

DAN KELLEY

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Free book program to curb summer reading losses

City officials are working to get free books to low-income children in an effort to bridge any loss of reading skills during the summer.

Mayor Michael Nutter announced a pilot program called the Playstreet Book Club, under which developmentally appropriate books will be given to kids at specially selected sites where free lunches are offered.

Children who receive the books will be given a reading assessment, then sent home with five new books. Volunteers through the city's Foster Grandparents program will also offer reading tutoring at the locations where the books are given out.

Kids can lose up to two months worth of reading skills over the summer. **DAN KELLEY**

Philly sees women's clinic protests after 'sting' videos

Conflict. A local Planned Parenthood was the target of a pro-life protest.

Left, protesters outside a Planned Parenthood clinic at 11th and Locust streets. Right, Kendra Outterbridge speaks to the protesters. / SAM NEWHOUSE, METRO

"Your mother loves you," "It's a baby," and "God loves you," were among the things that pro-life protesters outside a Philadelphia Planned Parenthood clinic told female patients being escorted into the clinic on Tuesday.

The protest was one of more than 50 "Women Betrayed" rallies nationwide outside Planned Parenthood clinics in response to "sting" videos by a pro-life group that show Planned Parenthood staff discussing fetal organs.

"I had to come here after I heard they were selling baby parts," said Kendra Outterbridge, 26, of the Olney neighborhood. "It just went against my morals."

Tuesday saw the release online of a third undercover video by the pro-life Center for Medical Progress, which spent years creating a fake medical company to tape conversations with Planned Parenthood officials about fetal tissue donations.

They say the clinic sells organs for profit, but Planned Parenthood says organs can be donated by patients to medical research. The videos have led to a new push by some Republicans to end federal funding of Planned Parenthood.

"False accusations are being promulgated again," said Planned Parenthood Southeastern PA CEO Dayle Steinberg in a statement, calling the video "heavily edited" and describing the CMP as "discredited activists."

Meghan Lloyd, 27, who was passing by for work, said the protesters brought back painful memories of a similar protest when she was a Planned Parenthood patient.

"It's really upsetting," Lloyd said. "They don't offer any support. They'll get violent, they'll spit at you, say you're doing a terrible thing, they'll do anything to stop you. … You're already making a hard decision and here are people trying to make that decision for you."

Quoted

"If you think it's OK to harvest organs because it could help somebody, or OK to abort a baby because it has Down syndrome, that's a conversation we should be having."

Edel Finnegan, head of the Pro-life Union of Greater Philadelphia

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The study consists of 6 office visits over a 7-11 week period and participants will need an allergy test prior to enrollment in the study. Allergy skin tests will be provided at no cost.

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Five things you need to know

1 Prison worker who aided New York escapees pleads guilty

A female prison employee pleaded guilty to one felony and one misdemeanor charge in a deal with prosecutors on Tuesday in connection with helping two convicted murderers in their daring June escape from a maximum security prison in upstate New York.

Joyce Mitchell, 51, faces up to seven years in prison for her role in the breakout by inmates Richard Matt and David Sweat from Clinton Correctional Facility on June 6.

Appearing in Plattsburgh County Court, Mitchell wiped away tears as she signed legal documents before Judge Kevin Ryan.

"She realizes that she made a horrible mistake," her attorney Stephen Johnston told reporters.

Under the plea deal, she will not face any possible sexual assault or rape charges stemming from allegations that she had sexual relations with Matt or Sweat, Clinton County District Attorney Andrew Wylie said at a news conference.

Mitchell, the training supervisor in the prison's tailor shop, pleaded guilty to a felony charge of promoting prison contraband and a misdemeanor charge of criminal facilitation.

Mitchell was accused of smuggling hacksaw blades and a screwdriver bit to the pair to help facilitate their escape. REUTERS

MITCHELL

2 Second suspect in 10 days dies in custody of Houston police

Houston police are investigating the deaths of two suspects in their custody in the past 10 days, incidents that have come as national attention has been focused on Texas police after a black woman was found hanged in a jail cell in a nearby county.

In the most recent incident, a 29-year-old white woman charged with public intoxication was found unresponsive on Sunday as she was being booked at a Houston jail. The woman later died at a hospital, Houston police officials said on Tuesday.
REUTERS

3 Amazon partners with startups to sell crowdfunded products

Amazon.com launched a new platform on Tuesday that will help startups advertise and distribute their products directly to millions of Amazon customers, filling an important gap for entrepreneurs trying to reach a wider market of consumers.

The online retailer is partnering with more than 25 crowdfunding platforms like Indiegogo and venture capital firms to offer 200 products on the platform, which is called "Amazon Launchpad." REUTERS

4 Small plane crashes in Wisconsin field, four dead

Four people were killed when a small plane crashed in a field in western Wisconsin and burst into flames, local officials said on Tuesday.

The single engine Beechcraft crashed Monday evening in the town of Alden, the Polk County Sheriff's Office said in a news release.

Deputies and fire officials rushed to the scene and, after extinguishing the blaze, found four dead inside the wreckage of the plane, the release said.

The victims' remains were sent to the medical examiner's office for autopsies and identification, the statement said. REUTERS

5 Pilot training fell short in Virgin Galactic crash, says NTSB

Test pilots at the helm of a Virgin Galactic passenger spaceship that crashed last year were unaware of the catastrophic consequences of unlocking the craft's

moveable tail section too early because of poor training, investigators probing the fatal accident said on Tuesday.

The premature unlocking of SpaceShipTwo's hinged tail triggered a midair breakup of the ship during its fourth powered test flight on Oct. 31 over California's Mojave Desert, the National Transportation Safety Board has determined.
REUTERS

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Popular cat

US man accused of killing Africa's Cecil the lion

Wildlife officials on Tuesday accused an American tourist of killing Cecil, one of the oldest and most famous lions in Zimbabwe, without a permit after paying $50,000 to two people who lured the beast to its death.

The lion was lured out of Hwange National Park using bait and was shot by the Walter James Palmer with a crossbow, Johnny Rodrigues, chairman of Zimbabwe Conservation Task Force, told reporters.

Rodrigues said Palmer paid Zimbabwean hunter Theo Bronkhorst and Honest Ndlovu, a private game park owner, to lure the 13-year-old Cecil. Bronkhorst and Ndlovu will face poaching charges on Wednesday in Hwange for the killing of the lion on July 1, Rodrigues said.

A spokesman for Palmer told the Guardian that the hunter believes he may have shot the lion.

"As far as I understand, Walter believes that he might have shot that lion that has been referred to as 'Cecil,'" a spokesman for Palmer said.

"What he'll tell you is that he had the proper legal permits, and he had hired several professional guides so he's not denying that he may be the person who shot this lion. He is a big-game hunter; he hunts the world over."

Palmer's whereabouts were not known but Cecil's head and skin were recovered and would be used as evidence in court, Rodrigues said. REUTERS

Two boys suffer horrific sunburns in Okla. day care

Conner and Trey Broadway. / FACEBOOK

Fundraising.
A GoFundMe campaign has been established to help burned brothers.

Quoted

"To think that a kid could get that burned in the care of a day care — I have no words." Broadway

Two young Vinita, Oklahoma, brothers — 5-year-old Trey and 7-year-old Conner Broadway — are recovering in a Texas hospital's burn unit after suffering extensive sunburns at a day care center.

"They didn't put sunscreen on them [or a] shirt, and when I asked them about it, they claimed they were out of sunscreen and that they told the kids to put on their shirts, but they didn't want to leave them on," Shaunna Broadway, their mother, told NewsOn6 in Oklahoma.

The boys were crying in pain when they got home Friday. Large, painful blisters erupted on their backs and shoulders.

"Then things got worse, especially with my oldest one. He started to complain of chest pains and not being able to breathe, and his chest started swelling," she said.

Ten minutes after bringing the boys to the local hospital in Tulsa, officials there had the brothers medically evacuated to the burn center at Shriner's Hospital in Galveston, Texas.

"Right's right, and wrong's wrong, and there's no excuse for this," Broadway told NewsOn6.

"I'm a single parent, and I do all I can. I work Monday through Friday, and they have to go to day care. I don't have the luxury to just have somebody that I can just have watch them outside day care."

Vinita police officers and child welfare officials are investigating.

The day care has been cited 19 times by the state Department of Human Services in the past year for various violations.

Officials at the center declined to comment. JOHN A. OSWALD

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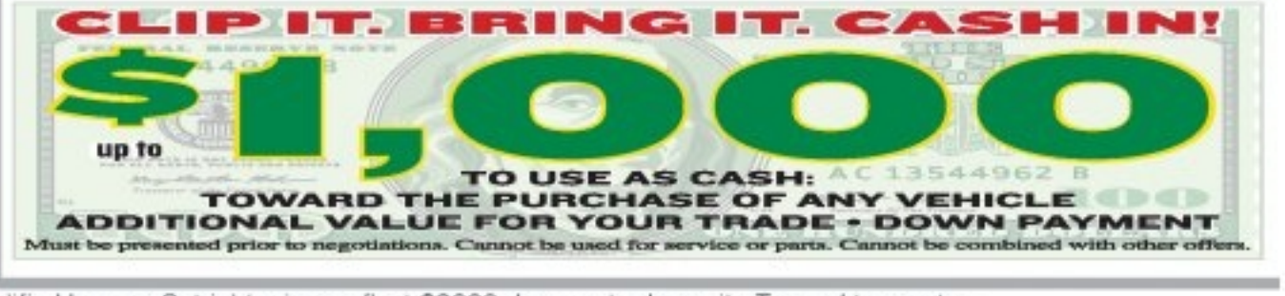
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Quoted
"The whole thing is illegitimate from start to finish. ... It's judicially sanctioned execution."
John Jones, a British lawyer hired to represent Saif al-Islam Gaddafi before the ICC

Saif al-Islam Gaddafi's sentence can be appealed and must be confirmed by Libya's Supreme Court, but legal experts and rights advocates said the proceeding was tainted and politicized from the start. / GETTY IMAGES

Gaddafi's son sentenced to death in Libya

Trial. Muammar Gaddafi himself was killed by rebel forces after being captured following months on the run.

A Libyan court on Tuesday sentenced Muammar Gaddafi's son, Saif al-Islam Gaddafi, and eight others to death over war crimes including killings of protesters during the 2011 revolution that ended his father's rule.

The Gaddafi regime officials sentenced to die by firing squad include the former intelligence chief, Abdullah al-Senussi, and the ex-prime minister, Baghdadi al-Mahmoudi, said Sadiq al-Sur, chief investigator at the Tripoli state prosecutor's office, during a televised news conference in the capital.

The trial process and outcome drew condemnation abroad with Human Rights Watch and a prominent international lawyer saying it was riddled with legal flaws and carried out amid widespread lawlessness undermining the credibility of the judiciary.

Al-Sur did not spell out the charges on which the verdict was based, saying that should await the written ruling. Defendants had been accused of a range of offences including war crimes and crimes against humanity involving the use of deadly force to suppress demonstrations, as well as corruption.

The verdict on Saif al-Islam Gaddafi was passed in absentia since he has been held since 2011 by a former rebel group in Zintan, a mountainous western region beyond central government control. Internal armed conflict has split Libya into factional fiefdoms.

Dressed in prison uniforms and seated in a black cage, 29 of the defendants including al-Senussi and al-Mahmoudi were present for Tuesday's verdict. One of them began shouting after the ruling was read, before being led away.

Other defendants were being held in Misrata, a western city loyal to the current authorities in Tripoli.

Saif al-Islam Gaddafi appeared by video link only at the start of the trial. The Zintanis have refused to hand him over, saying they do not trust authorities in Tripoli to make sure he does not escape, but they agreed to let him be tried there. REUTERS

Life sentences

8

Eight ex-officials received life sentences and seven jail terms of 12 years each, Sadiq al-Sur said. Four of the 37 defendants were acquitted. Others got shorter jail terms.

Human rights

Justice under fire in Libya

New York-based Human Rights Watch said defense lawyers lacked full and timely access to case files and several had been unable to meet with clients in private while two had quit after receiving threats.

"There are serious questions about whether judges and prosecutors can be truly independent where utter lawlessness prevails and certain groups are unashamedly shielded from justice," Joe Stork, HRW's deputy Middle East and North Africa director, said in an emailed statement. REUTERS

Hillary Clinton should hand over private email server: Boehner

Hillary Clinton and John Boehner / GETTY IMAGES

Sensitive material. The information was classified at the time the emails were sent.

Republican House of Representatives Speaker John Boehner on Tuesday said Democratic presidential candidate Hillary Clinton should "come clean" and turn over her private email server to the State Department's inspector general.

At least four emails from the account used by Clinton while she was secretary of state contained classified information, according to a government watchdog. Clinton has said she did not send or receive secret information using that account, but Boehner cast doubt on this.

"Despite evidence to the contrary, Secretary Clinton continues to maintain that she never had classified emails. Now let's not be foolish," Boehner told reporters at a regular news conference.

Clinton's use of her private email account linked to a server in her New York home for her work as America's top diplomat came to light in March and drew fire from opponents who accused her of sidestepping transparency and record-keeping laws.

The inspector general who oversees U.S. intelligence agencies wrote in a letter to members of Congress last week that a sampling of 40 of about 30,000 emails sent or received by Clinton found at least four that contained information the government had classified as secret.

The information was classified at the time the emails were sent, according to the inspector general, I. Charles McCullough, III.

"This classified information should never have been transmitted via an unclassified personal system," McCullough said in a joint statement on Friday along with his equivalent at the State Department, Steve Linick.

REUTERS

Quoted

"She knows exactly how classifying materials works. At this point, the best thing for Mrs. Clinton to do is to come clean and just turn the server over to the IG [inspector general] at the State Department." Boehner

Special counsel

Trump adviser apologizes for 'inarticulate' comments on marital rape

A top adviser to Donald Trump apologized on Tuesday for making "inarticulate" comments on the subject of marital rape that have ignited the latest in a series of political controversies involving the Republican presidential candidate.

The comments by Michael Cohen, special counsel to the Trump Organization, were included in a Daily Beast report that said Trump's ex-wife Ivana once used the word "rape" to describe a 1989 encounter with him.

Cohen responded to the report by saying, "By the very definition, you can't rape your spouse," the Daily Beast said.

Marital rape is illegal in every U.S. state.

REUTERS

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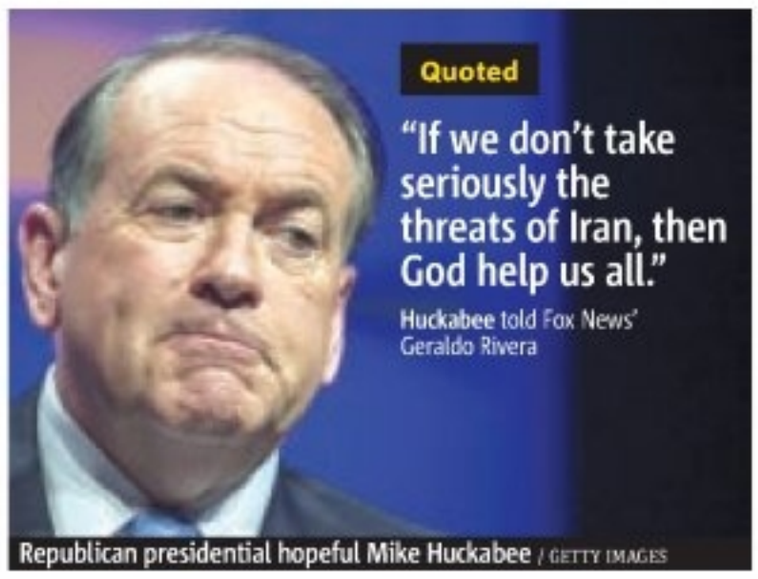
Criticism. Obama weighs in on Mike Huckabee 'Holocaust' fight



Republican presidential hopeful Mike Huckabee / GETTY IMAGES

President Barack Obama has come out swinging against Republican Gov. Mike Huckabee's incendiary remarks that the White House has struck a nuclear arms deal that marches the Jewish state of Israel "to the door of the oven."

Huckabee has been criticized by fellow GOP president candidate Jeb Bush for the don't-go-there Holocaust reference, and Democrat Hillary Clinton said comments like his are "offensive, and they have no place in our political dialogue."

Obama dove deep into the controversy Monday, also lashing out at other brow-raising criticism of him — and taking a swipe at GOP candidate Donald Trump's controversial statements on Mexico and John McCain.

"The particular comments of Mr. Huckabee are, I think, part of just a general pattern that we've seen that is — would be considered ridiculous if it weren't so sad," President Obama told reporters in Ethiopia, his latest stop on his historic trip to Africa.

He noted that GOP Arkansas Sen. Tom Cotton even likened Secretary of State John Kerry, who negotiated the deal to lift sanctions on Iran in return for verifiable restrictions on its nuke program, to Pontius Pilate.

Quoted

"Maybe this is just an effort to push Mr. Trump out of the headlines, but it's not the kind of leadership that is needed for America right now."

Obama told reporters in Ethiopia

"There are going to be disagreements," Obama said, "but we just don't fling out ad hominem attacks like that because it doesn't help inform the American people."

Huckabee has refused to back down.

He stood by his comments, citing Iran's repeated threats to "destroy" and "annihilate" the state of Israel.

"They used the word 'Holocaust,'" Huckabee told Fox News' Geraldo Rivera, who urged the candidate to take back the oven remark.

After Obama hit back at him, Huckabee tweeted: "I will stand with our ally Israel to prevent the terrorists in Tehran from achieving their own stated goal of another Holocaust." JOHN A. OSWALD

Congress

Kerry warns scrapping Iran deal would mean path to nuclear arms

Secretary of State John Kerry intensified efforts on Tuesday to beat back criticism of the Iran nuclear deal and convince U.S. lawmakers that rejecting it would give Tehran a fast track to a weapon and unlock billions of dollars from collapsed sanctions.

Battle-hardened from years of negotiations with Iranians, Kerry sharpened his response to U.S. congressional criticism that the deal's provisions were temporary and would not prevent Iran from obtaining a nuclear weapon in the long run. REUTERS

Iran nukes

Key House Democrat cites troublesome issues in deal

The top Democrat on the U.S. House of Representatives Foreign Affairs Committee said on Tuesday he sees "a number of" troublesome issues in the Iran nuclear deal.

In remarks prepared for delivery at a hearing with administration officials, Representative Eliot Engel said he was troubled by reports about the arrangement reached for scrutiny of Iranian sites by international nuclear inspectors, the sunset of international sanctions on ballistic missiles and advanced conventional weapons and what Iran's leaders would do when sanctions are phased out and they gain access to funds. REUTERS

House GOP

'Cash bonanza' for Tehran

The Republican chairman of the House of Representatives Foreign Affairs Committee said on Tuesday the Iran nuclear deal gives Iran a "cash bonanza" while weakening Washington's ability to pressure Tehran.

"If this agreement goes through, Iran gets a cash bonanza, a boost to its international standing and a lighted path toward nuclear weapons," Representative Ed Royce said in remarks prepared for a hearing on the agreement.

"With sweeping sanctions relief, we have lessened our ability to challenge Iran's conduct across the board. As Iran grows stronger, we will be weaker to respond," he said. REUTERS

Is it OK to borrow from your 401(k)?

Breaking into your 401(k) now could cause big problems when you want to retire. / ISTOCK

Debt. Economists weigh in on whether it's OK for you to dip into your 401(k) when you're in a pinch.

All it usually takes to borrow money from your 401(k) are a few clicks on a website, and a check will arrive a few days later. But workers who take out 401(k) loans risk not having enough saved for retirement because they miss out on growth while the money is borrowed. Here's what else you need to know.

A warning to middle-age workers

Internal Revenue Service rules say you can borrow up to $50,000 or 50 percent of the account balance, whichever is greater. This ability to cash out some portion of your retirement account balance is unique to 401(k) plans. You cannot borrow against an individual retirement account or a pension, for instance.

The problem is with middle-aged workers, who are the heaviest loan users, according to data from the Employee Benefit Research Institute. "New employees won't notice, but sure as heck the older ones would notice it," says EBRI Research Director Jack VanDerhei.

Today's under-40 generation does not pay much attention to the details of retirement plans they get at work, and it is unlikely that any change would prompt them to start opting out in huge numbers, VanDerhei says.

Huge consequences

While it is alarmingly simple to borrow from your 401(k), borrowers may sometimes have to pay setup fees. The low interest rate charged is actually credited back to your own account as you repay. The consequences in lost growth, however, can be monumental.

Fidelity Investments estimates that a person who takes one loan out — the average balance they see is $9,000 — is set back about 7.6 percent from his or her long-term retirement goal.

Half of Fidelity's borrowers end up with more than one loan. The real-dollar impact is between $180 and $650 a month in retirement, according to the company's estimates.

It is not just the loan balance that affects the retirement account. Of the 20 percent who borrow, Fidelity has found that 25 percent lower their savings rates within five years of taking a loan, and another 15 percent stop saving altogether while the debt is outstanding.

A dire problem is with those who have an outstanding balance when they lose or change jobs. They must repay their loans immediately or face tax penalties.

"It would be easier if you had some companies get rid of the option and show the employees were better off," says Brigitte Madrian, a professor at Harvard. "Absent some more compelling data, it's going to be hard to shift the policy landscape on that front." REUTERS

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CULTURE

Twitter feed

Today, Kevin Hart doesn't like shaving, Aaron Paul is chilling, Jamie Chung is having a blast, Miles Teller is in shock and Mindy Kaling is feeling it.

@KevinHart4real: I have to cut the bottom half of my goatee off today.... yes I'm pissed about it.... please don't judge me afterwards. My face is about to look like a babies ass....F— my life.

@aaronpaul_8: I love nap

@jamiechung1: The Met, hot dogs, a stroll thru Central Park and a quick shop stop at Bergdorf Goodman #mykindofday

@Miles_Teller: I don't care how old you are, nothing in life prepares you to watch a grown man eat his own booger at a stop light #ohmygross

@mindykaling: I'm like legit impressed by Porsches

ENTERTAINMENT TONIGHT, YOUTUBE

1

Dating Shia LaBeouf sounds terrifying and exhausting

Video has emerged of Shia LaBeouf having a fight with girlfriend Mia Goth in Germany before getting a lift to the airport from some helpful — and camera-happy — locals. After squabbling with a mostly silent Goth over his backpack — and telling her, "I don't want to touch you. I don't want to be aggressive, this is the kind of s— that makes a person abusive" — a calmer LaBeouf rides shotgun with his new friends and tells them, "If I'd stayed there, I would have killed her." Delightful! Oh, and he tries to FaceTime Megan Fox at one point, who I'm guessing gets those kinds of calls from her former "Transformers" co-star

quite a bit. The video caps off with a very inebriated LaBeouf talking directly to the camera phone, declaring, "This is a contract. You come to Los Angeles. I'll pick you up in my car. You come and stay at my house." Don't do it, guys. It's a trap.

ALL PHOTOS GETTY IMAGES

3

Jon Stewart made secret visits to the White House

With Jon Stewart at the helm, "The Daily Show" had a strong track record of taking solid swings at the hypocrisy of the government. But a new Politico story reveals just how much the government was listening. On two separate occasions, the Obama White House invited Stewart in for private meetings with the president to discuss policy. In 2011, he went to discuss budget difficulties, and then he returned in 2014 to discuss what was happening with Russia and Ukraine. Politico spoke to politicians on both sides of the aisle to discuss Stewart's influence over the years, with both indicating that he got in his share of hits on them — though some, of course, claimed not to care: Sen. James Inhofe said, "I've never seen him." Do we believe him? **LISA WEIDENFELD**

THE WORD

Ned Ehrbar takes on the world of gossip.

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Lindsay Lohan teases terrible, terrible memoir

So Lindsay Lohan really is working on a book, apparently, and if her attempt at teasing it is any indication, it will be inscrutable, unintelligible and nausea-inducing. Fun times! Lohan posted a video to Instagram with a caption that includes a birthday message to a friend, some emojis and a "teaser for my book FYI." The video, shot sideways in widescreen and filtered within an inch of its life, is totally unclear but seems to have been shot (drunkenly) in Greece, where she's vacationing. If anyone can tell me what's actually happening in the brief clip, I'll give them my signed DVD of "Freaky Friday."

Hulk Hogan not only a racist

If you were still planning on giving Hulk Hogan a pass following the leaked audio of him going on a racist, N-word-filled tirade, that might have just become a tad harder. The same covert audio — which has Hogan in a friendly conversation with sex tape partner Heather Clem and her husband, Bubba — features Hogan discussing his shock at learning that a gay man now lives in his childhood home, which he visited for an episode of "Hogan Knows Best," his VH1 reality show. I wonder which group he'll lambaste next to make it a hat trick! It could literally be anyone, but I'm going to go with Mormons.

Daily video

Hunger Game of Thrones

DAVID ELMALEH, YOUTUBE

Somebody connected the dots between "The Hunger Games" and "Game of Thrones" — and not just because of the easy title mashup. YouTuber David Elmaleh takes the "Mockingjay, Part 2" trailer and its focus on Katniss' campaign against President Snow and makes it about Jon Snow instead. So simple, so entertaining. "Nothing good is safe while Snow is alive," she warns. "Snow has to pay for what he's done." Sheesh, Katniss, are you secretly one of the Night's Watch?

Comedy. Ed Helms steps into the shoes of Rusty Griswold.

Vacation, all he ever wanted

Ed Helms would prefer "Vacation" co-star Chris Hemsworth just stick to being ridiculously handsome. / WARNER BROS.

With "Vacation," Ed Helms becomes the fifth actor to play Rusty Griswold, the son of Clark Griswold (Chevy Chase) from the storied National Lampoon film series. Luckily for Helms, having a different actor in the role for every movie meant he could do whatever he wanted.

HELMS
GETTY IMAGES

How did you envision Rusty as an adult?
I see Rusty as a kind of aspirational character for me. He is relentlessly hopeful and optimistic, incredibly kindhearted, and he wants the best for his family. But what makes Rusty complex and hopefully more funny is that he also is repressed and in denial about some things, and that gives him some pretty significant blind spots. So he's very prone to seeing situations the way he wants to see them.

He always tries to make the best of bad situations.
Exactly. When he rents the Tartan Prancer [a car], that would bum out anybody. But Rusty spins it in his own mind and convinces himself that it's awesome. When he gets home to share it with the family, he genuinely believes that it's awesome. He's making the best of things to a psychotic degree.

Did they tell you what the swastika button on the car remote does?
No. And I won't speculate. [Laughs]

So, it turns out Chris Hemsworth has amazing comic chops as well. Does that just make you angry at the universe?
Absolutely. Not fair, right? I mean, I've been working my whole life to have some comedy chops, and here comes this guy who just effortlessly crushes it.

Did you just want to punch him, then, for being too gifted?
[Laughs] No, I'm smart enough not to punch Chris Hemsworth.

NED EHRBAR
@Nedrick
ned.ehrbar@metro.us

One more thing

Every 'Vacation' movie featured a different actor as Rusty Griswold. So which one are you playing?

It's all of them! All of them and none of them, in a weird way. I really looked at this as a blank slate. I loved all those Rusty performances, and I'm proud to be next in a long line of Rustys, but I didn't feel beholden to any previous performances — especially with the age gap. Adult Rusty just was kind of a blank slate, and I could bring my own mojo to it.

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Recipe

Sesame Sriracha black bean burgers

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PROVIDED

Veggie burgers often get a bad rap. Not ours. Made with black beans, soy sauce and sesame seeds, they've won over even our toughest meat-loving critics. Could be thanks to the Sriracha that seasons both the patties as well as the special sauce that we spread on the toasted brioche buns. Topped off with cilantro sprigs and marinated cucumbers, these burgers are a hearty, oh-so-satisfying vegetarian meal in themselves. Cook, relax, and enjoy!

Calories: 515 • Category: fusion • medium spice • nut free • Allergens: gluten, wheat, dairy • Chef: Jennifer Aaronson • 30-40 minutes

What we send:
- 3½ teaspoons rice wine vinegar (1.3 oz.)
- 1 Persian cucumber (4.2 oz.)
- 1 large clove garlic (0.2 oz.)
- 4 sprigs cilantro (0.8 oz.)
- 1 15-oz. can organic black beans
- 1 tablespoon soy sauce (0.5 oz.)
- ½ teaspoon (0.17 oz.) toasted sesame oil, plus 2 tablespoons (1 oz.) for frying
- 2 teaspoons Sriracha (0.4 oz.)
- ¾ cup panko bread crumbs (1.5 oz.)
- ¼ cup sesame seeds (1 oz.)
- 2 tablespoons mayonnaise (1.0 oz.)
- 2 brioche hamburger buns
- 1 bunch breakfast radishes (8 oz.)

What you need:
- coarse salt
- freshly ground black pepper
- 1½ teaspoons sugar
- 1 large egg

What you'll use:
- strainer
- potato masher (or fork)
- skillet

Suggested sips:
- a light-style beer

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Marinate cucumbers: Whisk together ½ teaspoon sugar and 2 teaspoons rice wine vinegar. Wash, then slice cucumbers as thinly as possible on a diagonal. Toss cucumbers in vinegar mixture.

Combine ingredients: Peel and finely chop garlic. Remove cilantro leaves from ½ the stems, then finely chop the leaves. Drain but do not rinse beans. Combine the beans with the garlic, the chopped cilantro, ¾ teaspoon salt, ¼ teaspoon pepper, soy sauce, 1 teaspoon sugar, 1½ teaspoons vinegar, ½ teaspoon sesame oil and 1 teaspoon Sriracha.

Mash and mix together: Mash together with a potato masher (or a fork), leaving beans a little chunky. Stir in egg and bread crumbs until combined. Refrigerate for 5 minutes.

Form patties: Form bean mixture into two 3½ inch patties, each 1 inch thick. Coat patties completely in sesame seeds.

Cook burgers: Heat remaining 2 tablespoons sesame oil in a skillet over medium-low heat. Place the patties in the skillet and cook them 5 minutes on the first side. Flip them to the other side, cook 3 minutes. Cover the skillet and cook for another 3 minutes, or until the burgers are heated through. Stir together mayonnaise and remaining 1 teaspoon Sriracha.

Assemble: Cut buns in half and toast. Spread Sriracha mayonnaise on each bottom side of the bun. Place the burgers on top. Remove cucumbers from marinade and divide among burgers then top with cilantro sprigs and top bun. Serve with radishes. Enjoy!

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2006 BMW 525xi — AWD — $9900, $193/Month
2011 Buick Regal CXL — 77k Miles — $11,900, $226/Month
2013 Nissan Altima 2.5 S — 73k Miles — $11,900, $226/Month
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Vulcan Lyric takes the stage

Nate Golden, in red, rehearses the role of J.D. (Christian Slater's character) in "Heathers: The Musical" alongside Sam Nagel, left, Jenna Pinchbeck, David Schwartz and Adam Kaster, facing away. / PROVIDED

Drama. Center City Opera Theater moves beyond opera — and beyond Center City.

Even with 14 years of brand recognition under your belt, it's a good time to rethink your identity when three of the four words in your name no longer fit your current mission. That was the conundrum faced by Center City Opera Theater in 2013. Seeking to expand its audience beyond Philadelphians, the company realized that "Center City" was far too regional a term. And since its dedication to producing new works meant that the line between opera and musical theater was becoming blurry, "Opera" had to go as well.

Newly rechristened as Vulcan Lyric, the company will present its inaugural summer festival under its new identity over the next two and a half weeks.

Vulcan Lyric founder and General Director Andrew Kurtz says that the less descriptive, more dramatic name actually makes a better fit for what the company is doing now. "Vulcan was the Roman god of origin and creation, and we're forging new paths," he explains. "And everything we do is telling stories through song, so that's where 'Lyric' comes in."

The integration of other musical theater forms also takes into account Opera Philadelphia's recent move into producing new works, previously Center City Opera Theater's domain. But Kurtz says the desire for innovation in Philly runs deep enough to sustain both companies.

"Philadelphia naturally has a curiosity about new work," he says. "It gives voice to our audiences and our artists with themes and topics that are important to us today and keeps the art form vibrant and alive. I certainly love Puccini and Verdi and hope to hear more of them in my lifetime, but if the art form is going to keep growing and be as meaningful today for our audiences as it used to be 100 or 200 years ago, then it's really important that there be companies that take a very active role in developing it."

SHAUN BRADY
@MetroPhilly
letters@metro.us

What's playing

Cult classic

The first Vulcan Lyric summer festival will consist of four modern works in repertory spanning the breadth of the company's refocused mission.

The world premiere of composer Jeff Myers' "Maren of Vardo: Satan's Bride" is based on the true story of a 12-year-old girl in 17th-century Norway accused of being a witch. "Heathers: The Musical" is the off-Broadway rock musical based on the 1988 cult classic dark comedy. Mexican composer Daniel Catan's 1991 opera "La Hija de Rappaccini" is presented as part of Vulcan Lyric's Latino Audience Development Initiative, and last is the Philadelphia premiere of Tom Cipullo's "Glory Denied," the true story of the longest-detained American prisoner of war in Vietnam.

If you go

Vulcan Lyric Summer Festival

July 30-Aug. 16
Prince Theater
1412 Chestnut St.
215-238-1555
VulcanLyric.org

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Veruca Salt buries the hatchet at last

Interview.
Nina Gordon says she's ashamed a "stupid catfight" broke up the band.

Veruca Salt's long-awaited third album is "Ghost Notes." / ALISON DYER

Veruca Salt seemed fated to be one of the many "could have been" stories of rock 'n' roll.

The band experienced a brief period of intense, skyrocketing fame in the '90s, led by dual vocalists Nina Gordon and Louise Post and a massively popular single, "Seether," before falling apart after the two had a huge blowout. Gordon left the band, and while Post and the gang continued without her, it was clear something was missing.

But not all breaks are permanent. In recent years, the two tentatively got back in touch and found that their creative connection was still just as powerful, which has resulted in a new album, "Ghost Notes," which came out July 10.

"The album is so charged with all of the emotion of these past 15 years and everything we went through with the breakup, with the time apart," says Gordon, 47. "The album tells that story, so now that it's out there, we both can breathe a sigh of relief."

If it seems like it might be a little awkward for two musicians to be writing music about each other, Gordon says the experience was rather cathartic. "All of that stuff we've been carrying around for all those years, it's sort of like — poof! — and now it's gone."

And the subject matter has evolved, too. "It did not make sense, in writing again, to write typical love songs like back when we were in our 20s and writing our first two albums," explains Gordon.

Rebuilding one of the most significant relationships in your life is rather inspirational, it turns out. "You go to the wound that is the most raw. Louise and I always did that individually. You go to that place. This was the subject matter that was the most fueled and that we felt the most vulnerable around, so it felt like the most obvious place for us to go together," she says.

Though Gordon worked as a solo musician during their years apart, she's not exactly missing that life. Rejoining the band is "a huge relief. Louise has always been quarterback for this band. Back in the day, I had all the creative juice in the world, and I wanted desperately to be in a band and make music, but I would've just sat in my living room for the rest of my life."

Their initial reunion, after all those years apart, was a powerful experience for them both. "Louise came over to my house, and we sang a couple of songs together, and it ended in a complete puddle of tears. I was so happy to hear our voices together again. It was sublime."

And if you have concerns about the band not quite sounding like you'd expect from the Veruca Salt of old, don't be. "The shocking part is how much we sound like Veruca Salt," says Gordon. "This isn't just reunion rock. We are going to make the record that we were supposed to make back then."

LISA WEIDENFELD
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lisa.weidenfeld@metro.us

Working relationships

Moving past 'the stupid catfight'

Part of the relief of reuniting is a chance to set things right for their fans. "We fell apart, and we felt like we let them down, especially because of the way things ended. We're feminists, and it ended in this stupid catfight, and we felt really ashamed about that over the years," says Gordon.

Happily, the music they're making now is serving as a corrective to that narrative. "There's something so beautiful about living with regret and sadness about something, thinking that the door is closed, and finding out that there actually is a way to heal and reconcile and an old dear friend can come back into your life, and you can start over," says Gordon.

"You don't really hear about friendships. You hear about divorces and celebrity divorces, but falling out of a female friendship is so brutal. It really is so brutal when it's somebody that you depend on and lean on so much. It really is beautiful to feel forgiveness, to feel forgiven and bury the hatchet."

And that's the message she hopes their fans can take from the reunion: "It ain't over till it's over, and there is hope when two people really care about each other and have this kind of chemistry with one another. It's meant to be."

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Aries Worrying about matters beyond your control will add to your stress. Look for a creative way to increase your cash flow and secure your future.

Taurus Love and romance are highlighted. Your confidence will soar if you collaborate with people who can help propel you to success.

Gemini It's a perfect time to make improvements to your surroundings and lifestyle that will add value and comfort to your home.

Cancer Lending or borrowing money or belongings will be to your advantage. Before you point fingers at others, you should make sure your own actions are reputable.

Leo When asked to make a move, act quickly or the offer may be withdrawn. Put extra effort into your work and educational pursuits.

Virgo Do something out of the ordinary. A short excursion with friends will take your mind off of your woes. All work and no play is bad for you.

Libra Unanticipated changes will confuse you. Accept what is out of your control instead of letting it bring you down. You will realize you were spared distress.

Scorpio New friends will get a charge out of your engaging wit and sense of fun. Join a group of individuals whose ideals and beliefs mirror your own.

Sagittarius Let things unfold naturally. A detailed project that requires concentration will help you forget about what's going on in your personal life.

Capricorn Don't get drawn into a battle of wills with someone who is looking for a fight. The less reaction you show, the easier it will be to ward off hassles.

Aquarius Refuse to be tempted by a dubious offer. Don't jeopardize your reputation or position. Problems will escalate if you are deemed untrustworthy.

Pisces Get involved in something that motivates you. Donating your time or services to a cause close to your heart will be rewarding in more ways than one. **EUGENIA LAST**

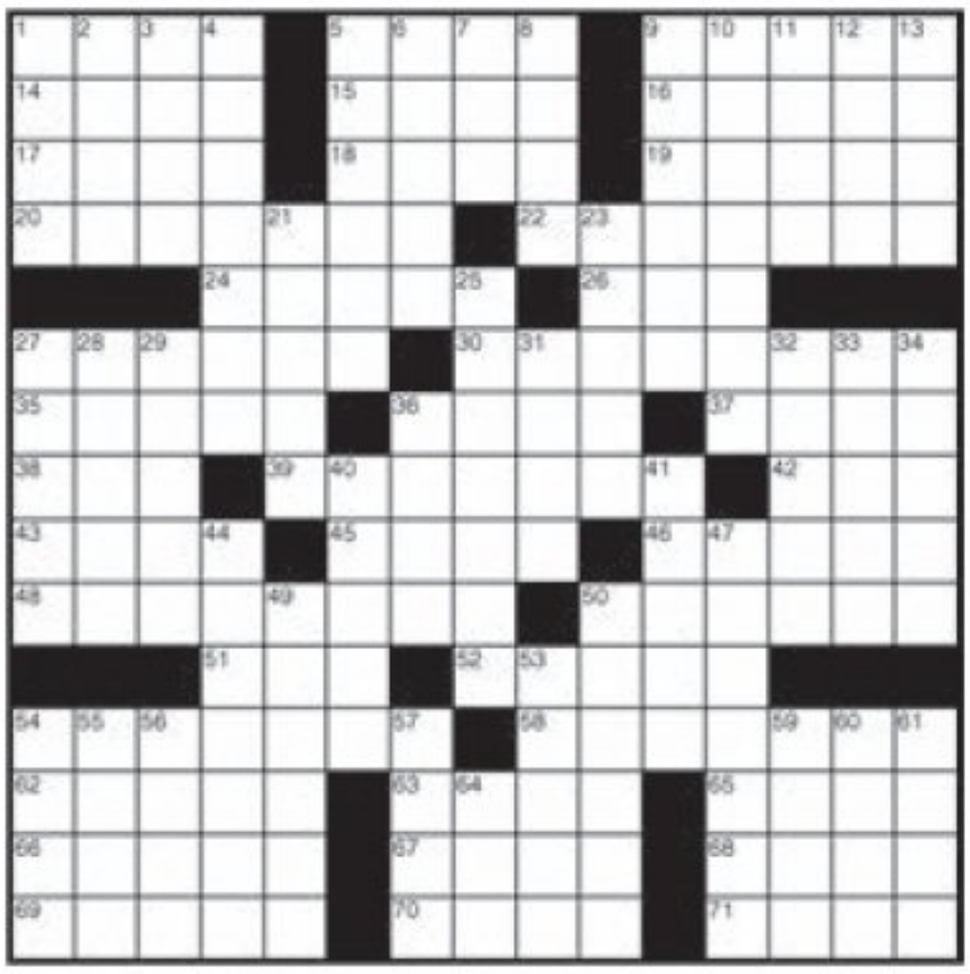
metro.us/crossword

Across

1 Robin Cook thriller
5 Low-lying islands
9 Not pass
14 Expos manager Felipe
15 Revival shout
16 Spy mission
17 What banks do
18 — Hari (Garbo role)
19 Dome home
20 Water lilies
22 Beauty contest
24 Increase
26 Flour holder
27 Cooks' attire
30 More badly built
35 Twist forcibly
36 Signaled
37 Exclusive
38 31-day mo.
39 Bridged
42 Take into custody
43 Time to beware
45 Geologic divisions
46 Watchdog breed
48 Wire
50 Food source
51 Toshiba rival
52 Ran without running
54 Fellow feeling
58 Groundbreaking
62 Pillages
63 Like some fans
65 "Dancing Queen" pop group
66 Asian capital
67 Tiny stream
68 Finely sharpened
69 Listless
70 Actress Tyne —
71 Mlle. in Barcelona

Down

1 Match a bet
2 Toast topper
3 Helena's st.
4 U.S. ornithologist
5 Antique brooches
6 Hoard, maybe
7 Still
8 Cinch
9 Below zero
10 Fables
11 West Coast sch.
12 Zenith
13 Granny or square
21 Lullabies
23 Cabin or chateau
25 Seaquake aftermath
27 Look forward to
28 Goody-goody
29 Bright star in Orion
31 Chicks' mothers
32 Column type
33 Buoy up
34 Concrete reinforcer
36 Dear, in Italy
40 Canary seat
41 Took a chance
44 Lawmaker
47 Alaska denizens
49 Sees the light (2 wds.)
50 Willingly
53 Bore
54 Pre-college
55 Ghostly noise
56 Corncake
57 House's lot
59 10-4 buddy
60 Help go wrong
61 Superboy's girlfriend
64 Itinerary word



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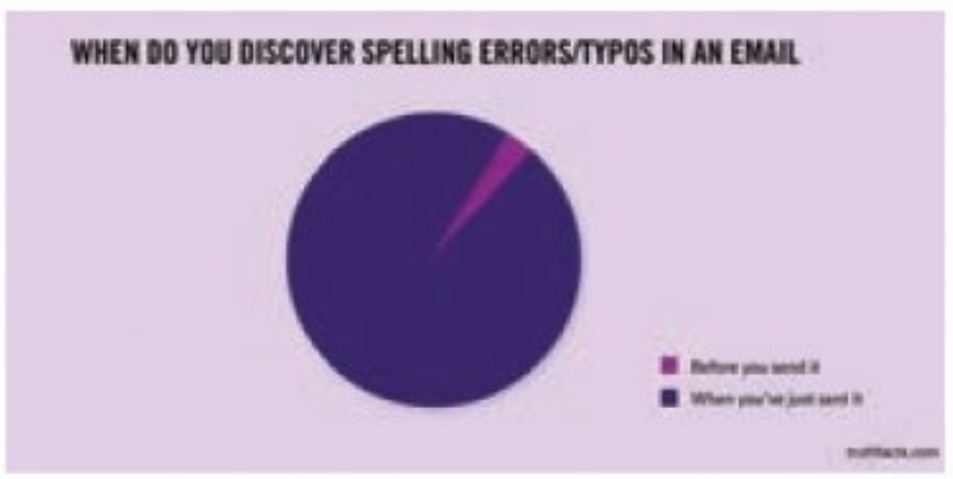

BY WULFF & MORGENTHALER

metro.us/sudoku

easy

8						5		3
3	7	9	5					4
5				4	9			
				1	5	6	2	
	8	5	9	3				
			4	8				7
7					1	9	4	2
6		4						5

hard

6				9	1	8		
		4	6				1	
		9	7		8			
				3		5		2
	6	8				1	3	
3		5		6				
			4		5	7		
	5				6	2		
		2	9	1				5

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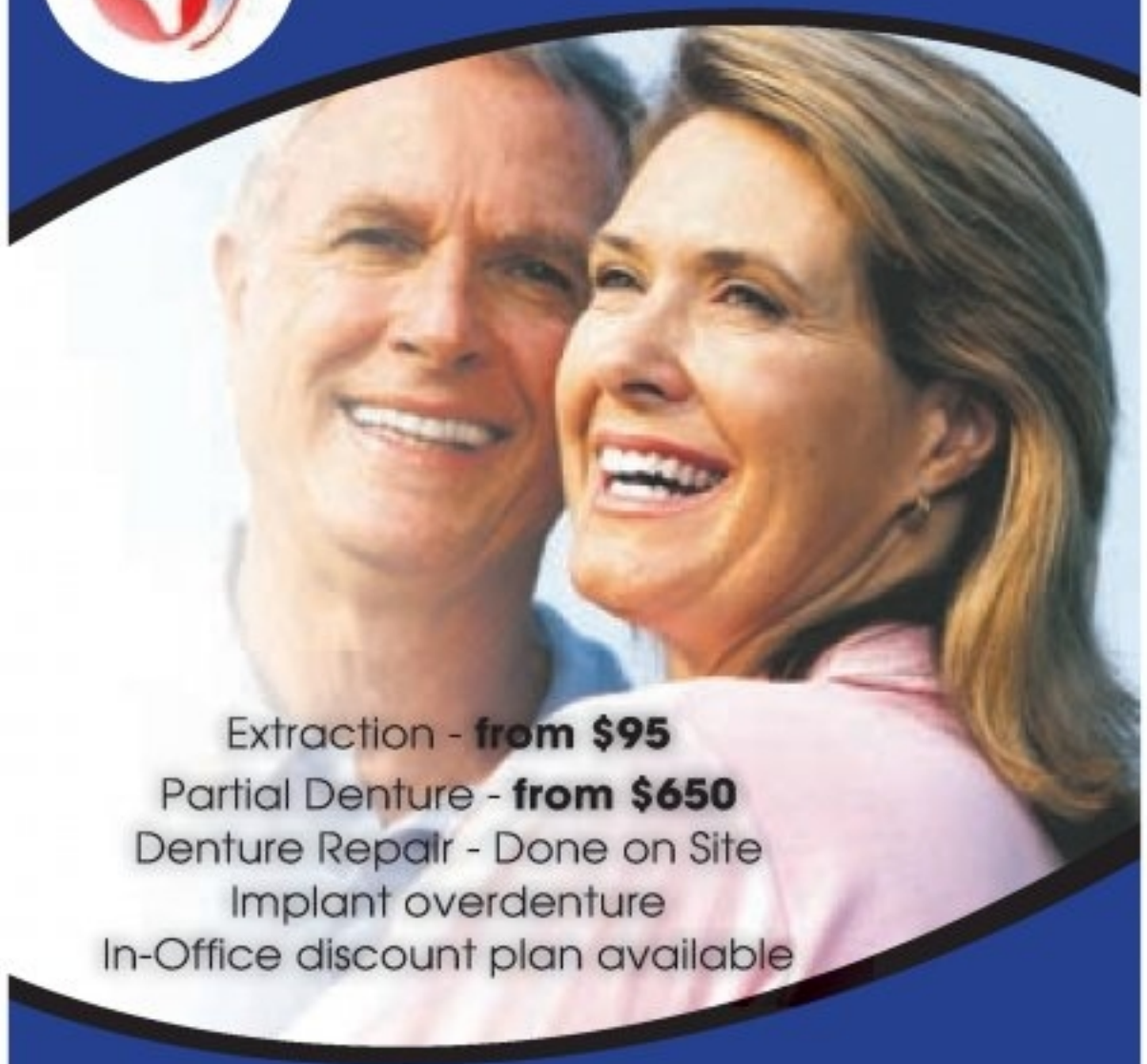

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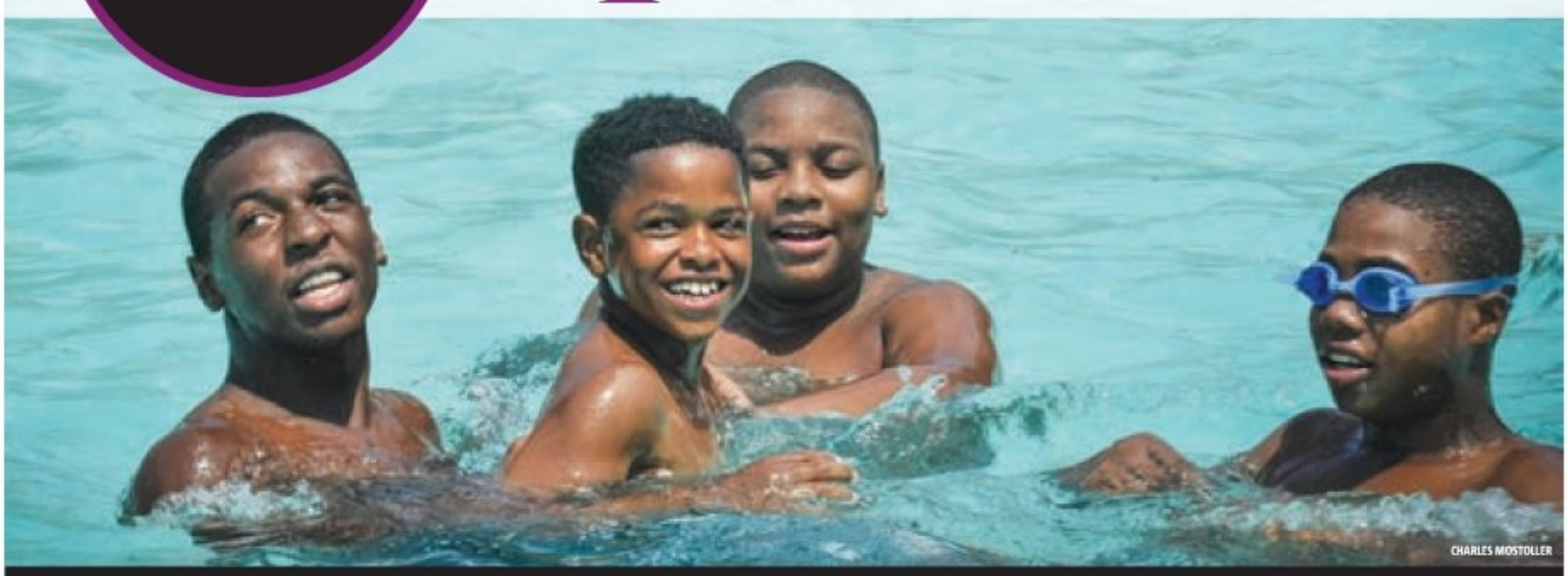

CHARLES MOSTOLLER

Love where you live

Parks and Rec runs free neighborhood pools all over the city.

MADELINE PRESLAND
@ MetroPhilly
letters@metro.us

For summertime city dwellers, the best way to beat the heat and humidity on a sweltering July or August day is to jump in a pool. Fortunately, Philly has 71 of them.

The Parks and Recreation department runs neighborhood pools throughout the city. They serve as not only a way to cool off but also as gathering places for the community (and for kids — lots and lots of kids). The best part is they're all free to use, and many even offer free swimming lessons.

Parks and Rec's website lists where the pools are located along with their hours, which vary from pool to pool, so make sure to take a look.

Here are three worth checking out during the heat wave.

In the park

The John B. Kelly Pool, surrounded by the greenery of West Fairmount Park, is the city's biggest, attracting people from several different neighborhoods.

"Kelly draws people from all over the city because it's an Olympic-size pool," says Lisa Whittle, Parks and Rec program coordinator for aquatics and ice rinks. "It's one of the more unique pools because it draws people from different places."

Neighborhood favorite

Visit Philly's Uwishunu blog once named the O'Connor pool at 25th and South streets "Center City's best kept summertime secret." It's also the only one Parks and Rec lists as being in Center City. Go ahead and debate whether that's within the boundaries — we'll be chilling in the deep end.

"For being one of the oldest facilities, it really does look great," says Jennifer Leupold of South of South Neighborhood Association. "The deck is in really great shape, not crumbling or cracked, and they have fantastic wooden benches."

Most of the public pools are open during the week from 11 a.m. to 7 p.m., and Saturdays and Sundays from noon to 5 p.m. Check the Parks and Recreation website for details on activities and swimming lessons.

Pop-up pooltime

The Francisville Recreation Center near 19th and Fairmount just got spruced up this summer thanks to a Cities Challenge grant from the Knight Foundation. The pool area got new seats, greenery and games as a part of the Pop-Up Pool Project.

Lisa Whittle says they're expecting the grant to expand next year, with the funds going towards fixing up more pools.

"Now there's greenery [at the Francisville pool] and chairs and tables and games," Whittle says. "So it makes it a lot more appealing because the site looks more fantastic than a regular pool. People take ownership of it and see it as the gem of their neighborhood."

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We're sure the lifeguards at public pools, like Terrence Ward at Vare Recreation Center in South Philly, are being kept very busy this week, with Philadelphians flocking to the pools to cool off. CHARLES MOSTOLLER

Use barn doors
In tiny homes where every square inch counts, even doors on hinges can be a major waste of space.

"Barn doors are a great space-saving feature for urban and tiny living because you don't lose three feet for a door swing — and three feet in a small space is a lot," says Lewis.

Cut the crap
If you spend 10 minutes looking for a shirt or notebook each day, it's time to clear out the mess. Lewis found the key to stripping belongings down to the bare minimum.

"There's a really fun exercise that we've done on 'Tiny House Nation' where the only things you can [keep] are what you can fit on a king-size bed," she explains.

"It really makes you think creatively about what you actually need in order to function."

ALL PHOTOS MOLLY WINTERS PHOTOGRAPHY

Get creative with storage
In tight bedrooms, there's not much space for deep dresser drawers, so Lewis encourages you to rethink those bulky pieces.

"Shallow drawers of [vintage] watchmaker's cabinets make it easy to organize a lot of different things in small spaces," she says.

Lewis recommends using the sleek cabinets to store clothing, jewelry or even office supplies.

Small on space, big on style

Don't let your square footage stop you from having a chic, organized home.

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letters@metro.us

Kim Lewis, interior designer, blogger and regular on FYI's "Tiny House Nation," is the queen of living large in small spaces. She's part of a new trend of homeowners and designers who think you'll live better with less — that is, in homes between 150 and 600 square feet. Those who've joined the movement say that choosing the tiny home lifestyle saves money, is eco-friendly and it can help you live a simpler, less chaotic life.

Since living in a city means a small space isn't a choice as much as it is a fact of reality, Lewis offers the following tips to make even our 300-square-foot adobes feel like a spacious penthouse.

Go for height

For items you don't need to reach every day, take up air space instead of floor space by building shelving that's high up. It's a cheap and easy DIY project, says the expert.

And if you're really handy, Lewis recommends mounting a ceiling shelf in a narrow space or nook. "If you take a pallet, you can use simple eyelet hooks and chains to hang it from the ceiling for added storage," she says. "Just be sure to hit a ceiling joist when you drill so the weight is supported from the ceiling."

SAIC table and cushions, $499, CB2.com

Shop small
When you're already working with less square footage, you don't want furniture to take up all the space that you do have. Lewis suggests purchasing pieces that are specially made for small apartments.

Check out CB2's space-saving SAIC collection or choose pieces from Resource Furniture, which she says offers "clever multifunctional designs for urban living." Lewis also loves to hunt for pieces at local flea markets.

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3 SPORTS

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NFL training camp power rankings | by Luke Miller

No. 1

Seahawks (12-4 in 2014)

The greatest criticism that could be made about the Seattle Seahawks last year (other than a certain play call) was that they lacked playmaking receiver threats. So what did they do this offseason? Sign Jimmy Graham. Check.

No. 2

Colts (11-5)

We've seen what Andrew Luck can do without Andre Johnson, Phillip Dorsett and Frank Gore, and now he gets to try his hand with them. The Colts went all-in in free-agency, but it remains to be seen if the defense is shored up enough to avoid another 45-7 playoff blowout.

No. 3

Packers (12-4)

It was a quiet offseason for the Packers, but they kept Randall Cobb in-house, and they still have Aaron Rodgers. Departures on defense may catch up to them, as Tramon Williams, Davon House, and A.J. Hawk all left the team.

No. 4

Patriots (12-4)

The defending champs probably deserve more respect than this, but it hasn't been a great offseason. They've lost their corners, Vince Wilfork and Tom Brady for four games. They'll right the ship and make the playoffs, but snagging home field may be a challenge if Brady misses more than a couple games.

No. 5

Ravens (10-6)

The Ravens gave the Patriots all they could handle in Foxboro last January, but they've lost two big contributors in Torrey Smith and Haloti Ngata. They kept Justin Forsett after many speculated he might walk. The veteran was a revelation in the wake of the Ray Rice scandal.

No. 6

Cowboys (12-4)

Dallas finally came to terms with Dez Bryant, and that has to feel good heading into the season. The question "Can anyone be successful behind that offensive line?" will be answered one way or another this season, as Dallas attempts to rejuvenate Darren McFadden after DeMarco Murray walked away.

No. 7

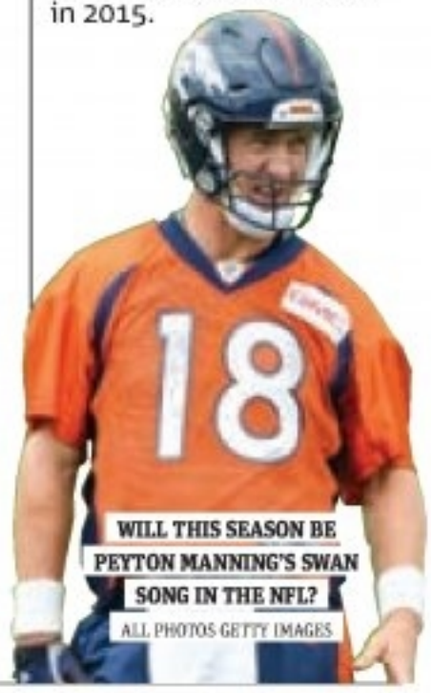
Cardinals (11-5)

It's always about Carson Palmer's health for Arizona, which isn't the best thing to roll the dice on. They did bring in Mike Iupati to try and keep Palmer a little more well protected, but they also lost a few pieces on defense, including Darnell Dockett.

No. 8

Broncos (12-4)

Everyone is aware Denver's window is closing, but it might already be shut. The offensive line is in tatters, and that's the last thing you need with Peyton Manning in the pocket. Getting Manning nicked up derailed the 2014 season, and it could easily do the same in 2015.



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No. 9

Steelers (11-5)

These aren't your father's — or slightly older brother's — Steelers. Fans can feel great about the offense, led by Ben Roethlisberger, Le'Veon Bell and Antonio Brown.

No. 10

Eagles (10-6)

They could easily be five spots higher or ten spots lower, depending on your amount of faith in Chip Kelly's various abilities that include rebuilding an entire roster faster than you did in "Madden."

No. 11

Dolphins (8-8)

Miami came close last season, and then they decided to throw caution to the wind by making Ndamukong Suh the league's highest paid player.

No. 12

Chiefs (9-7)

It was a well-publicized stat last year that Kansas City went the entire season without a touchdown pass to a wide receiver. That problem has been rectified by Andy Reid's reunion with Jeremy Maclin.

No. 13

Bills (9-7)

Signing Rex Ryan as your head coach is a pretty surefire way to generate interest around your team, but the Bills didn't stop there. They added stud RB LeSean McCoy too.

No. 14

Vikings (7-9)

The one thing Adrian Peterson couldn't evade is the Vikings, so he's back in Minnesota and is back in playoff contention, just by virtue of that. Teddy Bridgewater must build on a good rookie year.

No. 15

Lions (11-5)

When you lose both defensive tackles, and one of them is the aforementioned Suh, it's fair to question if Detroit can maintain their stout defense against the run.

No. 16

Texans (9-7)

Bill O'Brien engineered a big turnaround in his first season. He led them to 9-7 with quarterbacks dropping left and right. The second year should have more consistency and more Jadeveon Clowney.

No. 17

Chargers (9-7)

Philip Rivers is still in town, as are the Chargers for the moment, and as long as that's true, the team will be going after the division.

No. 18

Bengals (10-5-1)

The Bengals have been stuck in neutral for a while, and while it's a lot better in neutral than what they experienced in the early 2000s, they need to take that next step in the playoffs.

No. 19

Giants (6-10)

The Giants keep trying to improve the line in front of Eli Manning. If he has time to throw the long ball to Odell Beckham Jr. and Victor Cruz, the Giants could make noise.

No. 20

Panthers (7-8-1)

The Panthers didn't do a whole lot to get better this offseason and, given the division they play in, maybe that's understandable. Asking Cam Newton to do it all on his own is a tall order.

No. 21

Rams (6-10)

The Rams are hoping they get 2013 Nick Foles, and if they do, they could combine that with the good defense they've been playing to work their way up one in a tough division.

No. 22

Falcons (6-10)

Atlanta had a chance to sneak into the playoffs, but it backfired badly and cost Mike Smith his job. They look like they had a good draft, and they'll need those defensive selections to contribute.

No. 23

Saints (7-9)

Jimmy Graham is gone, but we can probably still expect almost 5,000 yards passing out of Drew Brees and the Saints. They will also need better play from their improving defense.

No. 24

49ers (8-8)

No team in the NFL may be falling faster. Add it all up: the messy parting of ways with Jim Harbaugh, the sudden retirement of Patrick Willis and rookie Chris Borland. It's hard to see a contender here.

The rest of the rankings

25 New York Jets (4-12 in 2014)

26 Chicago Bears (5-11)

27 Jacksonville Jaguars (3-13)

28 Oakland Raiders (3-13)

29 Washington Redskins (4-14)

30 Cleveland Browns (7-9)

Jameis Winston

31 Tampa Bay Buccaneers (2-14)

32 Tennesse Titans (2-14)

Brady's suspension upheld

NFL. Tom Brady will likely seek an injunction in federal court to allow him to play.

Patriots quarterback Tom Brady could see more of the courtroom this fall than he might see of the playing field at Gillette Stadium. On Tuesday, the NFL ruled that it will uphold the four-game suspension given to Brady in connection to his "general awareness" that footballs were underinflated during this past January's AFC championship game against the Indianapolis Colts.

The National Football League Players Association (NFLPA) had implied previously that it intended to take the NFL to court regarding the matter if Brady's suspension was not entirely wiped out.

Brady and the NFLPA appealed the suspension on June 23 at the NFL's offices in New York.

The league likely upheld the suspension because Brady is said to have destroyed his cellphone.

Per a league statement released Tuesday via the Boston Globe: "On or shortly before March 6, the day that Tom Brady met with independent investigator Ted Wells and his colleagues, Brady directed that the cellphone he had used for the prior four months be destroyed. He did so even though he was aware that the investigators had requested access to text messages and other electronic information that had been stored on that phone.

The Brady situation will no doubt be a distraction as Patriots camp opens this week. / GETTY IMAGES

By the numbers

$2M

Tom Brady, if he serves his entire suspension, will surrender about $2 million in salary to the NFL, sitting out four games.

"During the four months that the cellphone was in use, Brady had exchanged nearly 10,000 text messages, none of which can now be retrieved from that device. The destruction of the cellphone was not disclosed until June 18, almost four months after the investigators had first sought electronic information from Brady.

"…The commissioner found that Brady's deliberate destruction of potentially relevant evidence went beyond a mere failure to cooperate in the investigation and supported a finding that he had sought to hide evidence of his own participation in the underlying scheme to alter the footballs."

Brady's return in Week 5, if he serves his suspension, will pit him, ironically, against the Colts

It was reported by ESPN that the NFLPA was authorized to appeal in federal court on Brady's behalf.

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Court of Common Please for the County of Philadelphia, July term, 2015 No. 004315.
Notice is hereby given that on July 15, 2015 the petition of: Luis Pacheco was filed, praying for a decree to change his name to Boricua Ben Israel.
The Court has fixed courtdate 7/29/2015 at 11a.m. in Room No. 691, City Hall, Philadelphia, PA for hearing. All persons interested may appear and show cause if any they have, why the prayer of the said petition should not be granted.

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